



Child Nutrition
Maine Department of Education

Local Foods Fund Update & Harvest of the Month

Local Foods Fund

**An Act To Encourage
the Purchase of
Local Foods for
Public Schools**

LD 636






	Local Produce Fund	Local Foods Fund
Maximum reimbursed per district per SY	\$1,000 or \$1,500* <i>*with local foods training</i>	\$5,000 or \$5,500* <i>*with local foods training</i>
Local ingredients that qualify	Produce, minimally processed produce	Produce, value-added dairy, protein or minimally processed foods
Where schools can purchase local ingredients	Directly from farmer, farmers' cooperative, or local food hub	Directly from a farmer, farmers' cooperative, local food hub, local food processor or food service distributor in the State
Definition of "minimally processed"	"Minimally processed" means only the washing, cleaning, trimming, drying, sorting, and packaging of food items or a combination of those activities	"Minimally processed" means only the washing, cleaning, trimming, peeling, slicing, drying, sorting, refrigerating, freezing and packaging of food items or a combination of those activities

Value-added dairy





► “Minimally processed” means only the washing, cleaning, trimming, peeling, slicing, drying, sorting, refrigerating, freezing and packaging of food items or a combination of those activities.



Where can schools buy local ingredients?

- ▶ Farmer
- ▶ Cooperative
- ▶ Food hub
- ▶ Local food processor
- ▶ Food distributor



Farmer or Farm Cooperative

How to find your farmer:

- ▶ DOE Child Nutrition's Farm and Sea to School Coordinator
- ▶ Get Real Maine directory
- ▶ Harvest of the Month map of producers
- ▶ Visit your farmers' market
- ▶ Local Harvest website



When visiting a farm...

Things to remember when visiting a farm:

- ▶ Call ahead
- ▶ Respect the boundaries: farms are often businesses *and* homes
- ▶ Park in designated areas
- ▶ Dress prepared
- ▶ Pick only what you are invited to
- ▶ Mind your feet



Food Hub

- ▶ According to the USDA's Regional Food Hub Resource Guide, a food hub is a “business or organization that actively manages the aggregation, distribution, and marketing of course-identified food products primarily from local and regional producers to strengthen their ability to satisfy wholesale, retail, and institutional demand.”



Maine Distributors

Make sure that all items
are from Maine – no
exceptions, and no
substitutions!

Tricks for Getting Kids to like **LOVE** Tomatoes

Kids love chips and salsa!
Follow a basic recipe (like the one in this training) or simply dice up some tomatoes, add ingredients such as, garlic, onions, peppers, cilantro, basil or oregano and serve with chips.

Live up a sandwich!
Add fresh tomato slices to any sandwich.

Add fresh tomatoes to cooked sauce!
Bulk up the amount of nutrients and flavor by adding diced, fresh tomatoes to a simmering sauce. Simply add the fresh tomatoes to a cooked sauce and heat until they have dissolved together. Use in any recipe calling for tomato sauce.

Make fresh kabobs!
Cherry tomatoes are the perfect size for mini kabobs. Use wooden skewers or even long toothpicks and stack tomatoes, mozzarella balls, cucumber chunks, and serve with a dipping sauce like hummus or ranch.

Tomato guacamole bites!
Use a piping bag (or a Ziplock with the corner cut out) and pipe homemade guacamole into hollowed out cherry tomatoes.

HOM Tomato Training
140 views • Aug 25, 2020

Harvest of the Month

TOMATOES

FUN FACTS
Tomatoes first originated from a wild species from the Andes Mountains in South America, but were introduced to North America from Europe. Though the tomatoes we are most familiar with today are red, historians suspect that the first European varieties were yellow. There are many varieties of tomatoes ranging in size and color—from small yellow pear-shaped cherry tomatoes to large heart-shaped heirloom varieties.

SOURCES: Dropheads Botanical, UMaine Cooperative Extension

NUTRITION
Tomatoes are rich in vitamins A & C, potassium, and are a good source of fiber.

RECIPE: CHERRY TOMATO AND CORN SALAD
YIELD: 48 - 1/2 cup SERVINGS

INGREDIENTS
30 medium ears corn, husked*
8 oz fresh basil, minced
4 pints cherry or grape tomatoes
2 cups shredded part-skim mozzarella cheese

PREPARATION
1. Bring a large pot of water to a boil. Cook corn until just tender, about 8 minutes. Drain and let cool.
2. In cut corn off the cobs, stand each ear on its flat end on a cutting board. Cut off the kernels with a sharp knife. Put in a large bowl. Add tomatoes, basil, cheese, oil, lemon juice and salt. Toss to combine and serve immediately.

*10 cups of frozen corn kernels may be used instead of fresh corn on the cob.
Adapted from Yummi's New School Cuisine Cookbook

MEAL PATTERN CONTRIBUTION
1/4 cup olive oil
Juice of 1 lemon
1 tsp kosher salt
1/4 cup starchy vegetable
1/4 cup red/orange vegetable

RECIPE: FRESH SALSA
YIELD: 20 - 1/2 cup SERVINGS

INGREDIENTS
10 tomatoes, chopped
2 1/2 onions, chopped
5 jalapeño peppers, finely chopped, seeded (if desired optional)
1 1/2 cup cilantro, chopped
1 1/2 teaspoon salt
5 times, juiced

PREPARATION
1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Adapted from UMaine Honey Bee
1/4 cup vegetable

Maine Harvest of the Month

REMOVE KERNELS

HOM Tomato Training: Cherry Tomato & Corn Salad
59 views • Aug 23, 2020

Local Foods Training

How to file a claim

1. Download claim form from our website:
<https://www.maine.gov/doe/schools/nutrition/programs/localfoods/producefund>
2. E-mail Robin completed claim form + receipts showing local purchases
3. Requests will be processed in the same timeframe as the monthly claim form; the 8th of each month



LOCAL FOODS FUND CLAIM FORM

I hereby submit receipts for Maine products purchased and used in the School Food Service program. This does not include produce offered in the Federal Fresh Fruit Vegetable Program.

This is for the month of _____ Year _____

Total amount of request _____

Legal Agent Signature _____ Date _____

District/School Name _____

Contact Name _____ Email _____

E-mail this form with receipt(s) to:
Robin Kerber
Robin.Kerber@maine.gov

Local Foods Fund. The Local Foods Fund is established within the department. The fund is used to receive revenue from public and private sources. The fund must be held separate and apart from other money, funds and accounts. Any balance remaining in the fund at the end of the fiscal year shall be carried forward to the next fiscal year. The fund must be used to match \$1 for every \$3 a school administrative unit pays for produce, value-added dairy, protein or minimally processed foods purchased from a farmer, farmers' cooperative, local food hub, local food processor or food service contractor in the State, to a maximum state contribution of \$5,000 per school administrative unit in fiscal year 2021-22 and subsequent years or \$5,500 per school administrative unit if funding is received and the school administrative unit sends a food service employee to local foods training administered by the department under subsection 13.

Foods purchased using the fund must be grown or produced in the State.

At the end of the fiscal year, the school administrative unit may provide the department with receipts documenting purchases pursuant to this subsection during that year. For purposes of this subsection, "minimally processed" means only the washing, cleaning, trimming, peeling, slicing, drying, sorting, refrigerating, freezing and packaging of food items or a combination of those activities. Reimbursement or partial reimbursement to school administrative units may only be made up to the amount available in the fund. Failure to reimburse does not constitute an obligation on behalf of the State to a school administrative unit. The department shall apply for federal grant funding to provide state contributions in excess of \$5,000 per school administrative unit in fiscal year 2021-22 and subsequent years pursuant to this subsection if applicable grant funding is available. The department may accept grant funding from hospitals and other sources to provide state contributions in excess of \$5,000 per school administrative unit in fiscal year 2021-22 and subsequent years pursuant to this subsection.

Harvest of the Month



The Maine Harvest of the Month (HOM) is a campaign that helps to promote the use of seasonally available, local products in schools, institutions, and communities. The program, which highlights a different Maine product each month, aims to provide students with local and healthy produce, while supporting Maine's farmers and producers.

HOM Program Objectives

- ▶ Serve more local Maine products in schools, childcare sites, and summer sites
- ▶ Expose children to new and healthy foods
- ▶ Educate children on seasonality and where their food comes from
- ▶ Support local producers & Maine's economy
- ▶ Improve meal participation by offering fresh and delicious food



HOM Pledge—expectations

- ▶ Pledge online
- ▶ Serve the local HOM product at least 2x per month (local = Maine grown or caught)
- ▶ Display promotional HOM materials provided by DOE
- ▶ Send us photos and stories!



Harvest of the Month - Schools

Take the Harvest of the Month Pledge!

Maine Harvest of the Month Pledge SY2022

Join the Maine Harvest of the Month (HOM) program and take the pledge and join dozens of school districts in bringing more healthy, local food to Maine students while supporting Maine farmers and producers!

* Required

Email *

Your email

New HOM Material!



Harvest of the Month WINTER SQUASH

RECIPE: YOGURT PARFAIT WITH BUTTERNUT SQUASH AND CRANBERRIES

This parfait is topped with perfectly baked butternut squash, granola and cranberries, adding a unique twist to the traditional parfait, and makes for a nutritious and delicious breakfast.

INGREDIENTS

- 6 medium-sized butternut squash, peeled and cubed into 1/2" pieces
- 1/4 cup olive oil
- 1/4 cup Maine maple syrup
- 1 tsp salt
- 1/2 cup cinnamon
- 1/2 cup dried cranberries
- 1/2 lb vanilla yogurt
- 1/4 lb whole grain granola

PREPARATION

- Preheat oven to 425°F.
- Distribute squash evenly onto three baking sheets. Toss each sheet with 1/4 cup olive oil and 1/4 cup maple syrup.
- Sprinkle each sheet evenly with salt and cinnamon. Roast by tossing squash together. Bake for 30 minutes.
- In one 8 fluid ounce cup, add 1/4 cup, or 1/2 cup, of yogurt.
- Add 1/4 cup of granola on top of yogurt.
- Top granola with 1/4 cup cooked squash and 1/4 cup cranberries.

Adapted from Wisconsin Department of Public Instruction & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

- 1/2 cup squash
- 1/4 cup yogurt
- 1/4 cup granola

RECIPE: QUINOA BLACK BEAN VEGGIE

YIELD: 50 burgers

INGREDIENTS

- 5 quarts 1 cup quinoa, cooked
- 5 quarts 1 cup low sodium black beans, canned
- 5 quarts 1 cup winter squash, peeled, diced, cooked and cooled
- 1/4 cup chipotle chili powder
- 1/4 cup cumin, ground
- 1/4 cup tap salt
- 1/4 cup dried oregano
- 4 pounds 4 ounces hamburger bun
- 5 pounds 2 ounces sliced USDA American cheese
- 90 slices fresh tomato
- 90 pieces lettuce

PREPARATION


- Mix all ingredients in a large mixer until well combined. Season to taste.
- Preheat an oven to 400°F. Line a sheet pan with parchment paper.
- Scoop burger with 1/2 cup scoop and form into patties. Lay in a single layer on a sheet pan and bake for 20 minutes.
- Assemble burger with slice of tomato, lettuce, and cheese. Serve warm.

Adapted from Wisconsin Department of Public Instruction & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

- 1/2 cup squash
- 1/4 cup yogurt
- 1/4 cup granola

FOR SCHOOL USE



Harvest of the Month TOMATOES

RECIPE: WILD RICE SALAD

YIELD: 6 SERVINGS

This colorful Southwest themed salad is full of vegetables and flavored with a light dressing.

INGREDIENTS

- 1/2 lb wild rice
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 tsp salt
- 1/4 cup black pepper
- 1 cup chopped red bell pepper
- 1 cup chopped tomato or halved cherry tomatoes
- 1/4 cup chopped fresh cilantro
- 2 cups canned black beans, drained and rinsed
- 2 cups corn kernels

PREPARATION

- Cook wild rice according to package directions.
- Drain well and cool completely in a small bowl.
- Mix together the lime juice, cumin, salt, pepper and oil.
- Add the cooled and rinsed rice to the above dressing.
- Mix in the bell pepper, tomatoes, cilantro, black beans, and corn.
- Chill in fridge overnight.

Adapted from Healthy School Recipes

MEAL PATTERN CONTRIBUTION

- 1/2 cup squash
- 1/4 cup yogurt
- 1/4 cup granola

RECIPE: CHEF SAM'S TUSCAN WHITE BEAN SALAD

YIELD: 8 SERVINGS

A super simple white bean salad flavored with olive oil, parsley, and garlic. This salad tastes delicious and is a colorful, flavorful side to add to your menu.

INGREDIENTS

- 2 lb canned Great Northern Beans, drained and rinsed
- 1/4 lb plum tomatoes
- 2 Tbsp chopped fresh parsley
- 1 tsp salt
- 1/4 cup black pepper
- 2 Tbsp olive oil
- 1 Tbsp minced garlic
- 1/2 cup finely chopped red onion

PREPARATION

- Chop tomatoes into a small dice and place in bowl.
- Add beans and chopped parsley, salt and pepper. Mix well.
- In a skillet over medium heat, heat olive oil. Once hot, add onions and garlic and cook until onions are translucent (5 minutes). Stirring constantly.
- Add olive oil, garlic and onions to beans and tomato mixture. Mix well. Chill until ready to serve.

Adapted from Healthy School Recipes

MEAL PATTERN CONTRIBUTION

- 1/2 cup squash
- 1/4 cup yogurt
- 1/4 cup granola

RECIPE: SIMPLE ROASTED TOMATO SAUCE

YIELD: 8 SERVINGS

Use this sauce with pasta or on a pizza, or in any recipe that calls for a simple marinara!

INGREDIENTS

- 4 lbs fresh roma tomatoes
- 3 Tbsp olive oil
- 1 Tbsp sugar
- 6 cloves, garlic
- 2 tsp Italian seasoning
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1 tsp salt
- 1/4 cup black pepper

PREPARATION


- Care tomatoes with a tomato corer or knife and remove any bruised or broken spots.
- Place in a parchment-covered roasting pan, top up.
- Drizzle the tops with oil and sugar.
- Roast in a 425°F oven until the tomatoes are soft enough to break up, about 45 minutes.
- Break up with a spoon, add garlic, then roast until fully blackened, about 15 minutes.
- Return to oven and continue to roast an additional 15 minutes. (Partly blackened tomatoes will make a tangy sauce.)
- Cool slightly and blend until smooth in a food processor with remaining ingredients.
- Serve hot as you would any tomato sauce, with pasta, in Chicken Parmesan or sauce, steaks, etc.

Adapted from Massachusetts Farm to School

MEAL PATTERN CONTRIBUTION

- 1/2 cup squash
- 1/4 cup yogurt
- 1/4 cup granola

FOR HOME USE



Harvest of the Month WINTER SQUASH

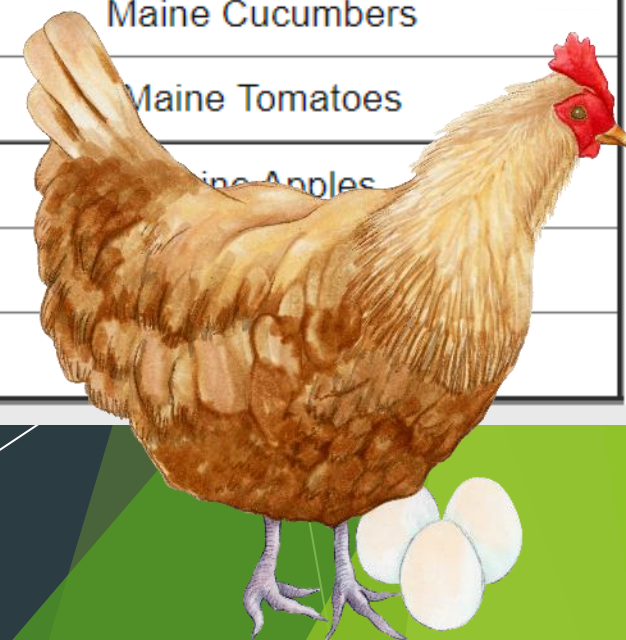
THIS HARVEST OF THE MONTH ingredient is _____ sourced from _____ in _____, Maine.



Harvest of the Month WINTER SQUASH



Month	Product
January	Maine Potatoes
February	Maine Root Vegetables
March	Maine Protein
April	Maine Dairy
May	Maine Wild Blueberries
June	Maine Leafy Greens
July	Maine Summer Squash
August	Maine Cucumbers
September	Maine Tomatoes
October	Maine Apples
November	
December	



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